Bladder Pain Protocol
(Painful Bladder Syndrome/Interstitial Cystitis)

Suprapubic pain related to bladder
AND
absence of proven urinary infection and/or haematuria

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GP

History + Physical examination + Bladder diary+ Urinalysis

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Self Care/Conservative treatments

- Patient education
  https://www.nhs.uk/conditions/interstitial-cystitis/
- Identify dietary triggers/food diary
- Behavioural modification, stop smoking
- Stress reduction
- Simple oral analgesia OTC
- Physical therapy
- Support groups

Nurse Specialist/ Pelvic Health Physiotherapist depending on local availability

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Clinical Assessment Service Central Triage

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Female Pelvic Floor Specialist

- Tricyclic antidepressants (Amitriptylline 10-25mg)
- H2 receptor blocker if available (Ranitidine/Cimetidine)
- Antimuscarinics/mirabegron (see SWL OAB guidelines)
- Cystoscopy +/- cystodistension +/- bladder biopsy
- Consider urodynamics
- Oral pentosan polysulfate if NICE criteria met (hospital only)

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Nurse Specialist

- Bladder instillations
  (e.g. Hyacyst, Cystistat, lignocaine)

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Regional MDT

- Consider intravesical treatments and/or surgery
- Consider referral to Pain Team
- Consider referral to Psychological Therapies
- Consider referral to Urology

SWL Bladder Pain Pathway v1.0.
Developed by the SWL Urogynaecology Network Working Group
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South West London Health & Care Partnership